Poland Mental Health and Psychosocial Support Working Group Newsletter
December 2022/ End of Year

Dear Poland MHPSS Technical Working Group (TWG) Members!

We are excited to welcome you to our newsletter! 2022 was not an easy year with a lot of challenges such as war in Ukraine and humanitarian response to Ukrainian refugees in Poland. We want to express our gratitude and best wishes to everyone working tirelessly in supporting affected populations and hosting refugees in Poland. We thank you for your dedication and hard work. May our joint efforts continue to support mental health and psychosocial wellbeing in all communities we work with.

Meanwhile, we hope you will enjoy this newsletter!

Poland Context Updates

- Over 8.3 million refugees entered Poland since 224 February 2022
- Around 1,5 million refugees from Ukraine registered for Temporary Protection as of December 2022

Quote of 2023?

"By making time for self-care, you prepare yourself to be your best so you can share your gifts with the world. Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. Self-care isn't selfish. You cannot serve from an empty vessel."— Eleanor Brownn

MHPSS TWG In 2022

- Established in March 2022
- Had 16 joint meetings in person/online and in a hybrid mode.
- Had up to 200 participants from 80 organizations (52 INGO, 12 NGO, 8 Policy makers, 5 UN organizations, 3 Academia) join through the year. with 25 organizations that became core members that took part in all meetings
- Organized 5 events to bring attention and raise awareness regarding Mental Health: World Refugee Day, World Mental Health Day; World Suicide Prevention Day, and MHPSS in emergencies
- Translated 13 key materials on MHPSS in Emergency into Polish

Key material and event of the year

MHPSS TWG arranged a meeting with Dr Carmen Valle-Trabadelo, (IFRC Centre of Reference for Psychosocial Support, Co-Chair IASC MHPSS Reference Group) on "MHPSS in Emergency – Introducing new concepts and essential principles"

Those that missed it, recording could be found **here**

IASC MHPSS Guidelines in Emergency Settings, a key international document with guiding principles of do-no-harm and good practice provision of MHPSS services in emergency settings. This guideline also discusses in detail integration of mental health and psychosocial programs into different areas of functioning. It is a very useful guideline not just for MHPSS actors but for all actors.

Also released in Polish and available here

Updates & Announcements

- Over 30 projects submitted and reviewed for RRP 2023. The regional launch is expected to take place 20th of January and Poland specific launch will follow. Further invite will be shared in new year.
- Resources compiled through 2022 has been shared at the end of the newsletter under 'Resources' section along with links to relevant information
- **We would also like to take this opportunity to inform you the schedule of our regular bi-weekly meeting will change moving into 2023. We MHPSS TWG will have joint meetings with the Health Sector. In addition, space will be allocated once a month in Protection Sector meeting to discuss MHPSS related issues and provide updates with protection actors. Hope to see you there in the new year**

Health system updates/ Ministry Of Health Updates

- New Mental Health Action Plan has been published for discussion available here :
- WHO together with MOH and IPIN plan to integrate mental health on the primary healthcare level and train doctors and nurses from the primary health care level on mhGAP

Way Forward to Next Year…

- Monitoring and Evaluation Framework is being translated and there will be series of workshops to support MHPSS actors in 2023
- Consolidation of MHPSS service mapping will continue
- MHPSS TWG with the support of all members will continue efforts in maintaining accessible platform for available resources in Poland
- Nearest capacity building plans: Doing What Matters in a Time of Stress TOT, PFA TOT and scalable intervention introductory sessions for CP, GBV and Protection sector

That is all for now. We hope you enjoyed the newsletter. If you have any questions, do not hesitate to contact us!
Take care and stay safe,
MHPSS TWG Cochairs: *Olga Khan(WHO), Sanem Ozen (UNHCR) and Anna Depukat (IPiN)*
mhpsstwg.poland@gmail.com

Resources

DATA AND INFORMATION

- Poland MHPSS TWG Google Drive – You can find all the resources and tools that we have access to as well as meetings minutes, the call for proposals, and assessments
    - Contacts of MHPSS TWG Poland (please align the tabs/columns after downloading, a better version will be shared soon)
    - General information on access to medications in Poland (including psychotropics) in Polish and Ukrainian.
    - The psychotropic medication announcement by MOH Poland / WHO EURO endorsed by MOH Ukraine in English, Polish and Ukrainian.
    - A two pager 'Essential Concepts and Best Practices for Mental Health and Psychosocial Support (MHPSS) Ukrainian Refugee Response' in English, Polish and Ukrainian.
    - A one-pager info sheet for Poland MHPSS TWG in Polish and English.
    - Here are the MHPSS TWG meeting minutes and presentations of 2022.
- UNHCR Operational Data Portal – updated information about refugee situation in Poland
    - Poland MHPSS TWG resources at UNHCR Operational Data Portal.

CAPACITY BUILDING

TRAINING RESOURCES

- WHO online course on MHPSS in Emergencies in English, Polish and Ukrainian.

WHO Quality Rights in English, Polish and Ukrainian.

ASSESSMENTS

- UNHCR and REACH undertook a multi-sectoral needs assessment (MSNA). Here is the overall summary and Health Sector findings including MHPSS findings.
- Health Needs of Refugees from Ukraine in Poland 2022 the Statistics Poland office in Poland: **Video**

KEY MHPSS RESOURCES IN EMERGENCIES (Polish/Ukranian) - all in Google Drive

- IASC Basic Psychosocial Support Skills: A guide for COVID-19 Responders (Polish) (Ukrainian)
- WHO Psychological first aid: guide for field workers (Polish) (Ukrainian)
- IASC MHPSS Guidelines (Polish) (Ukrainian)
- IASC Advocacy Package (Polish) (Ukrainian)
- IASC Reference Group Mental Health and Psychosocial Support Assessment Guide (Polish) (Ukrainian)
- The MHPSS Minimum Service Package - an intersectoral package of activities to be implemented in all humanitarian emergencies, developed by WHO and UNICEF, in collaboration with UNHCR and UNFPA. (in English for now, soon available in Polish)Checklist for field use of IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings in Polish
- IASC Referral Guidance Note for MHPSS (Polish) (Ukrainian)
- Responding to Mental Health and Psychosocial Support (MHPSS) needs in Ukraine and affected countries: Key considerations when offering help remotely/online by IASC MHPSS RG (Polish)
- Response Learning Hub MHPSS – inter-agency Capacity Building Task Force website with upcoming trainings in English

MHPSS SERVICE MAPPING

- An overview of MHPSS service providers among health care providers (on the maps) found on the website pacjent.gov.pl: https://pacjent.gov.pl/opieka-psychiatryczna
- A list of children and adolescents mental health care providers
- A map with mental health care providers for children and adolescents

- Mapa wsparcia - an overview map of free-of-charge psychological support for Ukrainians
- Mapuj Pomac offers a consolidated platform where different level of services could be identified for all of Poland with contact details
- Online and face-to-face psychological support groups for teenagers and parents whose lives have been disrupted by the war https://poruch.me/ provided by UNICEF Ukraine in collaboration with the Ukrainian Ministry of Health and others
- Community mental health centers established within the frames of the pilot project of Mental health Reform in Poland
- MHPSS Hotlines with details
- Referral pathway for GBV referral Pathway for 2022

WEBINARS AND PRESENTATIONS

- MHPSS TWG Presentation for Poland Ministry of Health's Orientation Session on Mental Health Care System in Poland
- Ukraine MHPSS TWG orientation session: *MHPSS in Humanitarian Emergencies, What Should Humanitarian Actors Should Know*, (recording and presentation)
- International Medial Corps presentation 'MHPSS Rapid Situation Analysis in Poland for Ukrainian Refugee Response'
- WHO's Psychological First Aid Slides in Polish
- Presentation slides "Mental Health and Psychosocial Support in context of humanitarian emergencies: What Should Humanitarian Actors Should Know?" by WHO
- Community Mental Health Centers: The Role in Providing Access to Mental Health Services for Displaced Population from Ukraine – a presentation by Dr Anna Depukat, Director of National Office for the Pilot of the National Mental Health Program
- Essential Concepts and Terminology for Mental Health and Psychosocial Support (MHPSS) - Ukrainian Refugee Response – a presentation on the Poland MHPSS TWG
- World Suicide Prevention Day presentation about Global Best Practices and Polish legislation

ADDITIONAL RESOURCES ON MHPSS

- IFRC Poster in Polish – Self-care and wellbeing
- A two-page guidance note on how to support volunteer teams in Polish

---

Please do not hesitate to contact us if you wish to contribute to the newsletter with your stories or updates by writing to us on mhpsstwg.poland@gmail.com. We want to make these emails informative and valuable to all of you, so we are open to any suggestions or comments you may have!